



Young at Heart

NEWS



October 2021

Judith A. O'Connor • Executive Director • 508-865-9154

Vol. 36 No.10

OCTOBER

We have a NEW Facebook page – you will find us at
The Millbury Senior Center!



Please give us a like to see our most updated news and information about activities! If you liked the page previously, unfortunately you will need to look again for our new one!

Circle your calendar for Tuesday, November 6th at 10:00 am for a meeting to preview the 2022 Fallon Health Medicare plan changes and enhancements. A representative from Fallon will be here to talk about what is new with your health care benefits and to answer your questions! Call 508-865-9254 to reserve a spot.



TOWN OF MILLBURY Council on Aging Board

Steve Walinsky Jr.....Chairman
Lee Ayotte..... Clerk
Richard Townsend.....V. Chairman
Chris Bott.....Member
Stuart Mulhane..... Member
Edna LaPan Member
Sarabeth Persiani..... Member
Kevin Higginbottom Member

Happy Birthday to You!

If you are celebrating a birthday this month, we hope you have a wonderful day!



Doris Desourcy
Bill Perron
Gerry Morin
Lee Ayotte
Claire Godbout
Doris Goyette
Lorraine Lariviere
Judith Carrignant
Dorothy Schoberg
Mary Piscitelli
Phyllis Gagnon
Debra Kuczka
Diane Dwyer
Aline Bourdeau

Alan Marble
Rosemary Stachura
Pat Gailpeau
James Avedisian
Therese Snow
Christine Miller
Mary Lou Mulhane
Celeste Donohue
Janice Fortin
Dorothy Monahan
Debbie PLante
Barbara Boria
David Bird
Cecile Nelson

Normand Gonyea
Claire Morin
Ron Stead
Raymond Bricault
Joanne Dunn
Mary Rizzo
Jane Marino
Lillian Williams
Regina Trombowicz
Susan Gibbons
Francis Dwyer
Janice Masters
Judith Nolfi
John Erickson

SENIOR CENTER FOOD PANTRY-Open Mon.-Fri. 9-1 pm. There is no limit to how many times you can request food. We are here to assist you. Even if you have received something from us this month, you can still request again. Our pantry has frozen meats, cheese, eggs, along with wonderful food items. Call ahead, curbside pick-up.

SHOPPING TRIP-Every Friday, 9-11am. We have a shopping trip to the Fair Plaza. (Price Chopper, Dollar Store, Rite-Aid, Burlington). We start picking up at 9:00am and return at 11:00am. We also provide transportation to local shopping venues (Shoppes at Blackstone Valley, Auburn Mall, Goretti's, Walmart, etc.) Call the center 48 hours in advance for transportation.

SNAP (FOOD STAMPS)-The Center is writing SNAP applications, also if you need help with a re-evaluation. Tues. & Thurs., 10-2 pm. **Call for appt. with Julie our Outreach worker, she's happy to help!**

LUNCHES Lunch served, Mon.-Fri. at noon. Order 48 hours ahead. Stop in for a lunch menu, also on the town's website or our Facebook page. Suggested donation of \$2.50

PODIATRIST-(3rd Fri.) 8:30-12. by appt. only. Call for appt. 508-865-9154. Transportation is provided, just call ahead

LEGAL CLINICS-Community Legal Aid of Central Massachusetts provides free legal assistance to low-income families and the elderly. Call them at 508-752-3718, 1-855-252-5342, or www.communitylegal.org or Att. Kaltsas Mon.-Thurs. 9-4, 508-755-6525 ½-hour free legal advice on the phone; tell him you are from Millbury.



Millbury Memory Café Dementia Friendly

The October Dementia Friends will feature...

**Our Memory Café is in the Garden on Oct. 26th
(the 4th Tues. of each month), 2-3:30 pm.**

New members are always welcome and encouraged to ask to be part of the Café. There will be an activity and a surprise! If you would like to get involved in this wonderful program, please call Julieanne at the Center, 508-865-9154. Our Memory Café is for people with memory loss, Alzheimer's disease and other forms of Dementia and their care partners that come together for an afternoon of socialization. Our Friendly Visitor Program is also available for those who would like a weekly visit/phone call from a friend. Call us and as always, thank you for your patience.

TRANSPORTATION

Our Transportation services are offered M-F 9-3 pm. **Our added service is from 7am to 4:45 pm for ADA clients and job assignments (disabled).** **This info is also on the Millbury Town Website.**

We require a 48 hour reservation for a ride. Now until Jan. 1st, 2022 the rides are still FREE. We would like to help you get to and from a job site on a regular basis. We would offer a special rate. Call our office for more info. Our service is curb to curb. We have a team of wonderful van drivers who are here to assist you in getting in and out of the van if you need it. We also provide transportation escorts to accompany you.



Call us for more info, 508-865-9247

VETERANS-Info regarding service & benefits for Millbury Veterans. Website mass.gov/veterans 800-827-1000. Millbury also has a Veteran's Agent, his name is Philip Buso. You can call him at 508-865-4743 his hours are Tues & Thurs 5:30-7 pm, at the Millbury Town Hall.

♥ **STAY WELL CLINIC** ♥ -Blood Pressure Clinic every Tues. 9-10am. Medical room by local EMT's, please stop in!

RMV ASSISTANCE- The RMV has asked us to assist Seniors who would like to renew their licenses, Ma. ID's, car registrations and also a change of address. This service is offered every Wed., 10 am-12 pm by appt. at the Millbury Senior Center, 508-865-9154. We will start your paperwork online first, after it's done, we'll make an appt. for you at the registry or AAA office, (if you have a AAA membership). Visit Mass.gov/ID for more information and a complete list of acceptable identification documents, or ask us we have that list. We are happy to help you with this process, as it's more complicated now, just call us!

*We have new activities here at the Center.
Please come in and inquire & pick up a newsletter.
And delicious lunches too, so grab a menu!*


C.D. Whitney
INSURANCE AGENCY
508-865-4433

 508-865-2622
116 MAIN STREET
MILLBURY, MA
Like us on Facebook
Lisa Lanzillotti, DMD
Cosmetic Dentistry*Implants
*Dentures*Partials*Invisalign
General Family Dentistry
www.millburyfamilydentistry.com


Serving Millbury and
Sutton for over 40 Years
1 Providence Street
Millbury, MA

TURGEON
Funeral Homes
MILLBURY
508-865-2131
NORTHBRIDGE
508-234-5925
Paul A. Turgeon, Jr.

News from SHINE for October 2021

Look for important mail from your drug and health plans

It's that time of year... if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September.

The ANOC is a summary of changes to your plan for 2022. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy.

If you would like to change your plan for 2022, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15th and December 7th, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: if you would like to meet with a SHINE counselor during open enrollment, make your appointment early!

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment, call the Millbury Senior Center at (508) 865-9154, or contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at info@shinema.org. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at www.shinema.org and our introductory Medicare 101 webinars.




**Senator
MIKE MOORE**
PROUDLY REPRESENTING HOMETOWN SENIORS

(617) 722-1485 | SENATORMIKEMOORE.COM

**This space is
Available!!**

Call us
508-865-9154



Your Loved Ones Deserve the Best
Premier Alzheimer's & Dementia Care Facility

*Providing a higher level of care than assisted living.
More affordable than a nursing home and
all services are inclusive.*

OASIS
AT DODGE PARK

(508) 853-8180 • OasisAtDodgePark.com

Insist on Exceptional

POST-ACUTE CARE | RESPITE CARE | MEDICAL SPECIALIZATIONS

ma.care-one.com
508-793-0088

CAREONE
At Millbury

MULHANE
Home for Funerals
Honoring, Remembering, Celebrating

Owned and operated by the Mulhane Family for over 150 years.

Stuart & Matthew Mulhane
508.865.2560 • www.mulhane.com

Friends of the Millbury Seniors, Inc.
1 River Street
Millbury, MA 01527

Non -Profit
U.S. POSTAGE PAID
Millbury, MA 01527
Permit No. 49



Our Facebook page is...
MILLBURY SENIOR CENTER
LIKE US!



The party will be on Thursday,
October 28th from 11:00am until
1:00pm. Please call us at
508-865-9154 by October 21st to
RSVP.



October 2021

ACTIVITIES

Monday

9:00 am.....Cards
9:30-10:15am.....Light Exercise
12 noon.....Lunch
12:30.....Wii Bowling
12:45-3:45.....Mahjong

Tuesday

8:30am.....Walking Club
9:00 am.....Cards
9-10am.....Blood Pressure
9:30-10:30am.....Tai Chi
9-11am.....Coffee in Garden
12 noon.....Lunch
1:00.....Cribbage

Wednesday

9:00 am.....Cards
9:30 am.....Crafts
12 noon.....Lunch
1:00 pm.....Social Bingo

Thursday

9:00 am.....Cards
10-11am.....Dull Men's Club
12 noon.....Lunch
12:30pm.....Pitch

Friday

9:00 am.....Cards
9:30-10:15am.....Light Exercise
12 noon.....Lunch

***For Lunch-call Mary (in the Kitchen)**
508-865-9154, 48 hours ahead.
(\$2.50 suggested donation).